Waveoff technique

On Speed – MRT, Speed Brakes in, maintain 17 units.

Fast – MRT, Speed Brakes in, smoothly rotate to 17 units. Do not over rotate. Over rotating will lower hook and possibly cause an in-flight engagement.

Slow – MRT, Speed Brakes in, smoothly intercept 17 units. Do not push nose down to seek 17 units. Pushing nose down could change vector of aircraft and dramatically increase VSI.